



Mid-Florida Milers is a nonprofit organization promoting walks for people of all ages and levels of fitness. Our trails are diverse and cover towns, residential and natural areas. Most routes are accessible for wheelchairs and strollers and most allow pets.



Join us during our starting times and receive detailed walking instructions and a map. Walkers may maintain Distance and Event records to receive AVA/IVV credit and awards. All events cost \$4, except for those under 13 not stamping books.



For more information on Mid-Florida Milers

- visit our website: midfloridamilers.org
- Like us on Facebook:
facebook.com/MidFloridaMilersWalkingClub
- MFM eNewsletter contact: Letty, at
bobletz2000@gmail.com
- MFM membership information contact:
Dave, at dmp1027@aol.com
- MFM President: Cathy 407-395-2387
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- MFM Vice President: Paul 801-554-7132
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- MFM Treasurer- Dan 321-338-7093
dnlcssb@aol.com
- MFM Secretary: Sharon 407-443-6128
palmtreesax@gmail.com



For information on walks in the USA with affiliated groups you can visit: ava.org/



ESTABLISHED 1989

*34+ years supporting fun, fitness and
friendship*

The Mid-Florida Milers Walking Club

– a member of AVA



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —

*Come join us on one of our scheduled 3 or 6
mile walk events in the Greater Orlando area
including The Villages. Or walk any time at
one of our 17 Year-Round Events in the
Orlando area and the Southeast Florida coast.
Walk at your own pace, in groups or
individually.*

“New to Walking?” FAQ’s

What does walking with us mean and what are all those acronyms?

Mid-Florida Milers (**MFM**) (<https://midfloridamilers.org/>) is an AVA-member club in Central Florida.

The **AVA** is our national organization – The American Volkssport Association, “America’s Walking Club”, the largest walking organization in the United States – with Headquarters in Texas. (<https://ava.org/>)

The AVA is associated with the **IVV** – The International Federation of Popular Sports (<https://www.ivv-online.org/walking-worldwide.html>). The IVV is a worldwide organization started in Europe in 1968 which sanctions non-competitive events in walking, biking, swimming, etc., although walking is the most popular - known by the German term **Volkssports**. (<https://en.wikipedia.org/wiki/Volksmarching>). Thus, the walking events in the USA are sometimes called volksmarches or volkswalks.

TE means a Traditional Event – a one-time walk event held in a location that is not one of the YREs. TEs appear on the MFM calendar of events and can be walked only on the specific day noted. The stamp for that day is unique and is not used again.

YRE means a Year-Round Event – a permanent walk accessible to all any day of the year. MFM holds group walks of our YREs each year and those appear on our calendar of events. <https://midfloridamilers.org/year-round-events/>

WALK BOX? A Walk Box is literally a file box used at a YRE where we store our walk information, registration sheets, walk instructions and maps for the routes, stamp, and payment. The Walk Box is at the Start and Finish of the walk route.

PSB or OSB? You can walk at your own convenience any day of the year. To register for a YRE walk, you will use either **PSB** or **OSB**: **PSB** means Physical Start Box – the Walk Box – which is located at a public facility like a supermarket, tourist attraction or coffee shop accessible only during business hours. The Walk Box location is the start of the walk route. **OSB** means Online Start Box and for walks with an OSB it is necessary to log into the <https://my.ava.org> website and register your choice of walk digitally; use a credit card to add money to your account and use it for future walks. When you have completed your walk(s) you may – if you are recording your walks in Event and Distance books - log back in and download a stamped insert card to be placed in your book(s).

Signing a waiver? When you go to a Walk Box to register for a walk, you must sign a waiver form which is required by AVA for insurance purposes. The waiver form is the registration page where you print your name and address and sign. The registration form is generic for all United States AVA clubs. If you record your walks in Event/Distance books you will select ‘credit only’ (MFM currently does not offer any ‘award’ for walking). If not using books, you will select ‘non-IVV-no IVV credit’. All fees are \$4 per person, except ‘Free’ which is only available for minors under 13 who are not stamping books ‘for credit’. The ‘E3H’ category is reserved specifically for ‘Element3 Health’ network members only.

EVENT and DISTANCE books? The AVA sells Event and Distance books in which walkers note their walks and later send to AVA to have recorded. Recognition is given to all walkers achieving milestones in the quarterly MFM Newsletter and the AVA publication The American Walker (**TAW**).

STAMPS? If you wish, you can track your walking progress by purchasing, through our club, Event and Distance books which are stamped at all events walked. If you attend a group walk with MFM you may have your books stamped by MFM volunteers on the day of that walk. If you walk a YRE on your own, you can stamp your own book when registering to walk using the Walk Box. The stamp is available at the Start Point, inside the Walk Box. Stamps for online-only walk events are downloaded from the my.ava.org website. Stamps are individualized for each walk and show the Event code for the year. EG. Orlando-Downtown is SE21/Y2753.

POC? POC means Point of Contact. Each YRE has a POC and their name and contact details are noted on the walk literature. Feel free to contact them if you have questions on your chosen walk.

New Walker’s Program Packet The cost is \$10 and includes 2 books and 3 walk coupons – worth \$24. They are available at any scheduled MFM walk event.

5k or 10k? MFM has walks of varying length but generally they are 5 kilometers (3.1 miles) or 10 kilometers (6.2 miles). Occasionally a walk will be 6k or 11k, and in Fort Lauderdale there is a choice of up to 21k!

Checkpoint? At scheduled walk events on the MFM calendar there may sometimes be a checkpoint about halfway along the route with an MFM volunteer who will check your name against a list of walkers to make sure no one has got lost or has questions about the route. **Please always carry water when walking!**